

# Survival Skills for Pain Relief

(Adapted from <http://www.painsupport.co.uk>)

**Daily Plan:** An outline plan of the techniques you need to reduce your pain and to get the most out of life.

**Flare-Up Pain:** What to do when pain flares up, when you've overdone things, and for those days when you feel you need help.

**Pacing for Pain Control:** Pacing your activities is absolutely essential for gaining control over your pain. With sensible pacing you can reduce pain and achieve more.

**Breathing:** The key to pain relief is breathing. Other therapies such as relaxation, visualization and meditation have their roots in correct breathing.

**Relaxation:** A 15-20 minute relaxation session brings deep peace, tranquility and relief from pain. It's easy to learn simple techniques.

**Visualization:** Transform your life with the magical powers of visualization. Discover your own safe haven where pain disappears.

**Meditation:** Meditation is very effective for many people for pain relief and to bring a sense of calmness into their lives.

**Positive Thinking:** Positive thoughts aren't a luxury – they are essential to your health and wellbeing.

**Exercise:** Exercise is important to maintain mobility, strength and enjoyment of life. However before starting any program you should check with your personal physician. If you are experiencing any type of pain or discomfort, certainly talk with your healthcare provider before beginning any exercise regimen.